Level I

“Pray as you have seen me Praying.”

(Bukhari)

Prayer

Salah

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Lesson 1

- Lesson Notes
- Written Exercises
- New Words and Expressions

The Importance of Prayer

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The importance of prayer.
- ✓ The prayer and obligations towards establishing it.
- ✓ The first thing that we will be called to account for on the Day of Judgement.

Lesson layout:

Prerequisites:

- Overview Course (recommended)

Associated Courses:

- Tahaara (Purification) Levels I and II
- Salah Level II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

The Importance of Prayer (Salah):

Prayer (salah) is the second pillar of Islam. Our beloved Prophet Muhammad (ﷺ) stated:

"Between a man and disbelief is (only) the abandonment of prayer".

(Muslim and Ahmad)

This statement is so powerful, that many scholars use it as their proof that those who do not perform their prayers, are outside the fold of Islam. Hence, the importance of prayer cannot be over-emphasized. No other form of worship can be compared to prayer, for it is the basis of religion without which there is no religion. The earlier prophets and their followers practiced prayer in some form as an essential part of the religion of Allah.

Performing prayer is not a matter of choice; it is **MANDATORY** on every adult Muslim, male and female. All Muslims are not only commanded to perform prayer, but rather to establish prayer, meaning that the prayer is engrained in one's day-to-day routine and not just merely performing it now and then, or when it is convenient.

Following are some Qur'anic ay'at (verses) that emphasize the importance of prayer:

"Indeed whosoever purifies himself shall achieve success, and who remembers

[قَدْ أَفْلَحَ مَن تَزَكَّى وَذَكَرَ اسْمَ رَبِّهِ فَصَلَّى]

{Surah Al-A'la (87), ay'at 14-15}

"...Verily, As-Salat (the prayer) is enjoined on the believers at fixed

[...إِنَّ الصَّلاَةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَاباً مَّوْ

{Surah An-Nisa (4), part of ayah 103}

"And seek help in patience and prayer..."

[وَاسْتَعِينُواْ بِالصَّبْرِ

{Surah Al-Baqarah (2), part of ayah 45}

"Successful indeed are the believers.

Those who offer their Salat (prayers) with

[قَدْ أَفْلَحَ الْمُؤْمِنُونَ
الَّذِينَ هُمْ فِي صَلاَتِهِمْ
خَاشِعُونَ]

{Surah Al-Mu'minun (23), ay'at 1 –2}

"And those who strictly guard their prayers

These are indeed the inheritors.

Who shall inherit the

[وَالَّذِينَ هُمْ عَلَى صَلَوَاتِهِمْ
يُحَافِظُونَ
أُوْلَـئِكَ هُمُ الْوَارِثُونَ
الَّذِينَ يَرِثُونَ الْفِرْدَوْسَ
هُمْ فِيهَا خَالِدُونَ]

{Surah Al-Mu'minun (23), ay'at 9 –11}

"Be guardians of your prayers, and of the mid-most prayer, and stand up with devotion to Allah. And if you go in fear, then (pray) standing or riding. When you are safe, remember Allah, as He has taught you that which you knew not (before)."

[حَافِظُواْ عَلَى الصَّلَوَاتِ والصَّلاَةِ الْوُسْطَىَ وَقُومُواْ للّهِ قَانِتِينَ فَإِنْ خِفْتُمْ فَرِجَالاً أَوْ رُكْبَاناً فَإِذَآ أَمِنتُمْ فَاذْكُرُواْ اللّهَ كَمَا

{Surah Al-Baqarah (2), ay'at 238-239}

From the last verse we can see the importance of prayer is so great that one is ordered to observe it while riding if one is in fear. Prayer must also be performed while travelling or when one is ill. Prayer can be performed standing, sitting or lying down if circumstances necessitate it. There is absolutely no excuse or situation other than unconsciousness, sleep, forgetfulness, madness etc., accepted for omitting the mandatory prayers. Prayer can be performed anywhere with the exception of toilets, graveyards, places where animals are kept and obvious dirty places.

What is the prayer (Salah)?

To state it simply, prayer must exist, for without it Islam cannot be fulfilled. The Prophet (ﷺ), said that it was the first act of worship that was made obligatory by Allah. Its obligation was revealed directly to the Prophet (ﷺ) during his ascension to heaven.

Said Anas (ﷺ):

"The prayers were made obligatory on the Prophet (ﷺ) the night of his ascension to heaven. At first, they were fifty in number, but were reduced several times until they were five. Then it was proclaimed,

Oh Muhammad, the order is not changed. These five are (equivalent) to the fifty."

(Ahmad, an-Nasa'i and at-Tirmidhi)

Imagine if we had to perform 50 prayers a day. Many Muslims today have difficulty with 5, let alone 50. Allah in His Mercy, reduced it to 5, but the reward for 50 still remains, which means for each prayer you get rewarded for 10. How generous is our Creator, and yet many choose to neglect this obligatory duty. Can you think of anyone today that will pay you the money for 50 hours, if you worked only 5?

There is only one way to perform the prayer, and all Muslims around the world should perform it the same way, as our beloved Prophet (ﷺ) stated:

"Pray as you have seen me praying"

(Bukhari)

The prayer consists of specific statements and actions. It begins by pronouncing the greatness of Allah, and is concluded with salutations of peace. In one day you will prostrate (sujood) at least 34 times. One of the utterances in salah is

اللهُ أَكْبَرُ "Allahu-Akbar", which means "Allah is Greater". This is known as the 'Takbir'. This is uttered throughout the salah. "Allah is Greater" is repeated at least six times in every prayer unit, which means more than one hundred times during the day. Think for a moment the affect of repeating something 100 times every day. Now imagine the psychological effect on the Muslim who repeats, "Allah is Greater" one hundred times everyday. Hence prayer has a tremendous influence on a Muslim, which develops a strong submission to Allah, a continuous obedience to Allah, and a continuous connection with Allah. Obviously this effect will only develop if the utterances and the salah are done with sincerity.

This obligation brings such great reward and benefits for a Muslim, it is no wonder that this act of worship will be…

The first act that we will be called to account for:

Our beloved Prophet Muhammad (ﷺ) also told us:
"The first act that the slave will be accountable for on the Day of Judgment will be prayer. If it is good, then the rest of his acts will be good. And if it is bad, then the rest of his acts will be bad."

(at-Tabarani)

Ask yourself: If you had the questions to an exam before the exam, would you pass the exam? The answer is obviously yes!

Well, you have the questions to your final exam! This exam being the questions that Allah will ask you on the Day of Judgment. Won't it be sad if you fail, even though you had the questions? I think sad is an understatement, it will be devastating.
If you look around you and see how neglectful some Muslims are of their prayers these days, you may wonder if they truly believe and understand what will happen on that day. Don't be one of them!
Are you ready to pass the test on the Day of Judgment?
Salah is the answer…

Written Exercises

Complete the following:

A. List at least two reasons why prayer is important.

1)……

2).
……..

B. What does ''Allahu-Akbar'' mean?

……

C. How many times is ‘’Allahu-Akbar’’ uttered in one unit of prayer?

……

D. Is performance of prayer optional?

……

E. What is the first act of worship that we will be called to account for on the Day of Judgement?

……

New Words and Expressions

(ﷺ)	It means - May Allah’s peace and blessings be upon him. This is always said or written after making reference to Prophet Muhammad. The Arabic transliteration: “Sallallahu alayhi wasallam”. Some books write ‘PBUH’ which stands for, peace be upon him. Others use ‘SAW’, which is short for the Arabic transliteration.
(2:45)	Means, the reference in the Qur’aan: Surah (chapter 2), ayah (verse) 45. The surahs mentioned in this lesson are: al-A’la; al-Baqarah; an-Nisa; al-Mu’minun. (Use your Qur’aan, and find all the references listed in this lesson).
(Muslim)	The scholar that related the saying (hadith) of the Prophet (ﷺ). This is normally found at the end of a hadith. Other names found in this lesson: Ahmad; Bukhari; at-Tabarani, an-Nasa’i, at-Tirmidhi.
Allah	God.
Anas	This is the name of one of the companions of the Prophet (ﷺ). This is normally found at the beginning of a hadith. The names vary as to the one that narrated the hadith. The names are normally followed by (may Allah be pleased with him or her).
Ay’at	Verses from the Qur’aan. **Ayah** (singular).
Hadith	The statements of the Prophet (ﷺ); i.e. his sayings, deeds, and approvals, etc.. Plural is **Ahadith.**
Muhammad	The last Prophet (ﷺ) sent by Allah.
Qur’aan	The holy book from Allah revealed to Muhammad (ﷺ), that all Muslims must follow.
Salah	Prayer.
Sujood	The prostration position in salah.

Sunnah Literally means: legal way or ways, orders, acts of worship and statements etc. of the Prophet Muhammad (ﷺ) that have become models to be followed by the Muslims. These include the sayings and actions of the Prophet Muhammad (ﷺ) as well as things that he approved as well as disapproved of.

Surah Chapter from the Qur'aan.

Lesson Notes
Written Exercises
Practical Exercise
New Words and Expressions

Lesson 2

The Positions of Prayer

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The pillars and sunnah actions of salah.
- ✓ About the positions of prayer.
- ✓ The actual positions (postures) of prayer.
- ✓ Some of the common actions (in salah) that do not conform to the Sunnah.

Lesson layout:

Prerequisites:

- Salah (Prayer) Level I – Lessons 1

Associated Courses:

- Tahaara (Purification) Levels I and II
- Salah Level II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

About the positions of prayer:

The actual positions (postures) of prayer are very important and basically there is only one method. Each unit of prayer (rak'ah) follows a methodical pattern. Each subsequent unit follows the same pattern, with some additional steps at certain positions.

Each salah has a specified number of units and these are mandatory. You cannot intentionally add or omit any unit. Doing so invalidates the prayer and it has to be redone.

The major positions for prayer are: standing, bowing, prostration and sitting. There are certain refined aspects that one has to adhere to in each position. This is as per the Sunnah of our beloved Prophet (ﷺ) who clearly stated:

"Pray as you have seen me praying."

(Bukhari)

For the purpose of this unit it is best if you concentrate on the major parts first. Though it may seem to be difficult, after a few tries you will find it very easy and relaxing. The descriptions of the positions deal with the outward and apparent aspects of prayer, namely those of the body. Perfection of these aspects is, in itself, an act of devotion if done in obedience to Allah, and he who fulfills those requirements, has done his duty in that the prayer has been performed correctly. There are also the inner aspects – presence of mind, humility of heart and awareness of one's position before his Creator. This inner aspect is covered in more detail in the Salah Level II and advanced units.

The actual positions of prayer:

The diagrams have been specially drawn to try and give you the best guide as to how the positions are to be done. However, there is no substitute for actually trying it yourself. Let us look at each major position in isolation, followed by the actions associated with each position in sequence. The sitting positions have some variations. This is addressed in the Salah Level II units. Also what to recite in each step is covered in the 'What to read in Salah' units. The 4 major positions are:

Standing: Bowing (Rukuh): Prostration (Sujood): Sitting

The Preconditions of Prayer:

Certain prerequisite conditions are required when one intends to perform prayers. They are:

1. For the fardh (mandatory) prayers, the knowledge that the time for the particular prayer has started.

2. An ablution (wudhu), which is still in effect. (This subject is covered in the Purification units of this course).

3. Freedom of the body, clothing and place of prayer from contamination by any unclean substances, such as: blood; vomit; urine, excrement, dead animals not slaughtered Islamically, pigs and dogs, unless it is impossible.

4. Adequate covering of the body. This is referred to as a person's Aurah – For a man the minimum is that he must be covered from the navel to (and including) the knees. A woman must cover all of her body (including her feet) except for her face and hands. The issue of Aurah is covered in more detail in Salah Level II.

5. Facing the direction of the Qiblah (the Ka'bah). (Explained in more detail in Salah Level II).

6. The intention in the heart to perform a particular prayer.

The pillars of prayer:

The pillars (arkaan) of salah are the actions if missed out unmindfully, the action if remembered in time must be made or the unit of prayer where the error was made must be repeated, in addition to performing sujood as-sahw (sujood for forgetfulness). But if it is willfully neglected, the salah would be null and void. An example being: if you forget to bow in the second unit of prayer and then you remember in the last unit, you should then redo that entire unit before making tasleem and then also perform sujood as-sahw; if you intentionally leave out the bowing position or when you remember and you fail to redo the unit, then the salah is invalid:

1. The qiyaam, or standing upright for those who are capable to of doing so.
2. The Takbirat-ul-Ihraam. This is the first Takbir (saying: "Allahu Akbar") that puts one in the state of Salah. If this is left out the salah must be redone. This is important to remember when arriving late for prayers as many people tend to omit this and go directly into the position they find the congregation in.
3. The recitation of Surah Al-Faatiha (The Opening Surah).
4. The Rukuh (bowing).
5. The qiyaam, rising and standing upright after bowing.
6. The sujood, prostration, on seven parts of the body, the face, the hands (i.e., the forehead and the nose), the knees and the feet.
7. Rising from prostration.

8. The juloos, sitting position between the two prostrations.
9. Tranquility :To pause long enough in each position, as an example when coming up from bowing, you must stand long enough in the upright position so that all the limbs are in place before going into the prostration position.
10. The sitting for the final tashahud.
11. Reciting the final tashahud and invoke Allah to confer His blessings upon Prophet Muammad (Allahumma salli al Mhammad …etc).
12. Sitting for tasleem.
13. Performing the Tasleem
14. Performance of the pillars in the ordained sequence.

The obligatory acts of prayer:

The obligatory (wajib) actions of salah are the actions that must be performed for the validity of that particular action. They differ with the pillars of salah in that you do not have to redo the action or unit, you only perform sujood as-sahw:

1. The takbiraat other than the Takbirat-ul-Ihraam.
2. Reciting the appropriate Adkhaar at least once in the bowing, prostration and sitting positions.
3. Reciting the appropriate Dhikr when coming out of the bowing position.
4. The sitting for the first tashahud.
5. The recitation of the first tashahud.

The Sunan acts of prayer:

The Sunan (recommended) actions of salah. These are the acts that if not done, the salah remains valid and no sujood as-sahw is required. However it important to note that these actions though only recommended should also not be willfully neglected as if it is done it will increase the reward of the salah:

1. Recitation of the initial supplication of the salah.
2. Placing the palm of the right hand on the left arm on the chest.
3. Raising the hands up to the level of the shoulders or the earlobes:
    - ✓ with the first takbir
    - ✓ when going down in rukuh
    - ✓ when rising from rukuh
    - ✓ upon standing up after concluding the first tashahud.
4. Reciting the appropriate Adkhaar more than once in the bowing, prostration and sitting positions.
5. Keeping the head in line with the back during rukuh.
6. Keeping the arms away from the sides of the body and the belly away from the thighs during the sujood position.
7. Keeping the arms away from the ground during sujood.

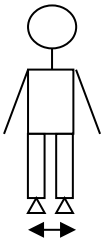
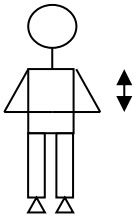
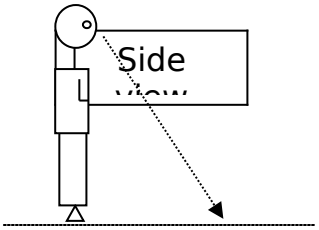
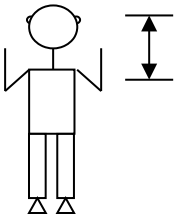
8. Sitting on the left leg while keeping the right foot upright during the first tashahud and between the two sujood positions.
9. Sitting on the left thigh while keeping the right foot upright during the last tashahud.
10. Supplication after the tashahud.
11. Reciting Qur'anic ay'at in audible voice in the two rak'ah of the Fajr, the Maghrib and the Eshaa prayers.
12. Reciting Qur'anic ay'at in an inaudible voice in the rest of the rak'ah.
13. Reciting Qur'anic ay'at following the opening surah in the first two units of the prayer.

Simply stated:

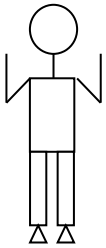
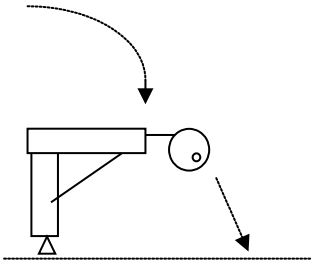
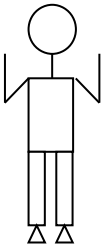
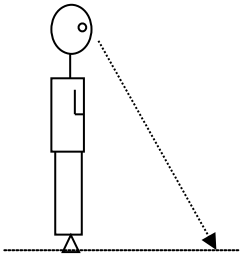
All of the aforementioned actions (arkaan, wajib and sunan) are the proper and correct way of performing the salah and one should adhere to them and apply them at all times if possible while performing salah.

Following is a step-by-step guide of the positions of prayer.

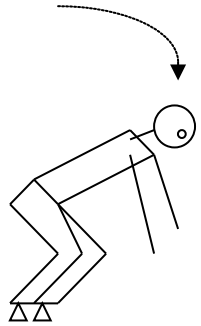
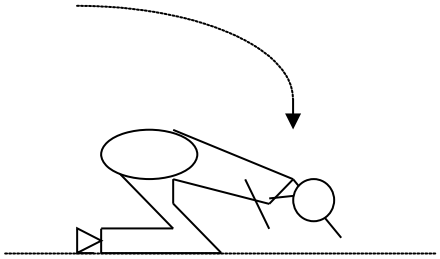
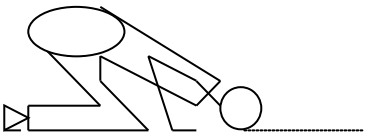
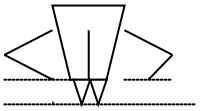
Standing Position:

Step 1:	Step 2:	Step 3:	Step 4:
			
Stand up straight, with your hands down and feet apart.	Now simply ‘close’ your forearms over the top of each other, the right hand clutching the left one. It should be in the right place - between the navel and the	Continue to stand up straight with your hands as in step 1 or 3, and focus your eyes on the place where you will place your forehead in the	aise your hands that your ngertips are etween your houlders and ars. If you just mply lift your rms without ising your bows, your ands will be in

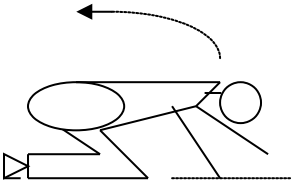
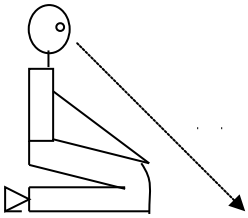
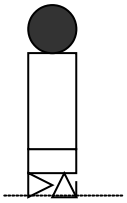
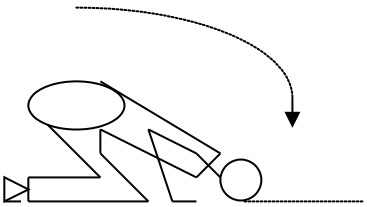
Bowing Position:

Step 5:	Step 6:	Step 7:	Step 8:
			
Before going into the bowing position, raise (open) your arms as in step 2.	eed to the bowing ion. Your back and head must be straight. Hands (with fingers apart) on your knees. Eyes still focused on the same place.	Come up out of the bowing position, raise (open) your arms as in step 2.	Stand up straight again with hands as in step 4, and continue to focus your eyes on the place where you will place your forehead in the prostration position.

Prostration Position:

Step 9: 11:	Step10:	Step	
			Back view 
Go into the prostration position by bending your knees and going down slowly.	Place your knees on the ground first, followed by your hands and then place your forehead on the ground. (You may go with your hands first if that is easier. Discussed in more detail in the Prayer Advanced units).	The following body parts must touch the ground: Forehead Nose Both hands, flat with your fingers pointing forward Knees Both feet with the toes pointing forward.	*- The arms are outstretched.* *- The forearms must not touch the ground.* *- The heels are together.* .

Sitting Position:

Step 12: Step 14:		Step13:	Back view	
				
Come up from the prostration position.	Sit up straight, and continue to focus your eyes on the place where you will place your forehead in the prostration position. Hands on your legs with your fingers over your knees.	*Sit on your feet with the right foot upright, toes facing forwards and your left foot flat on the ground.* *	Go back into prostration position as in step 11. Once again, the following body parts must touch the ground: forehead, nose, both hands with fingers pointing forward, knees, and both feet, with the toes pointing forward.	

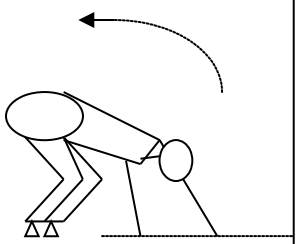
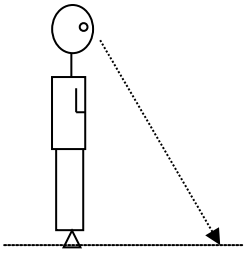
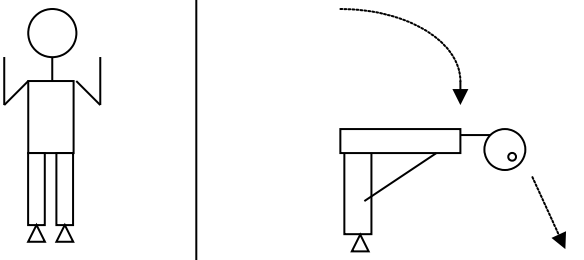
* This sitting position may be difficult at first, so it is acceptable for the time being to sit with both feet flat, or both feet up (sitting on your heels with the toes either facing forward or backward).

This completes one unit of prayer (rak'ah)

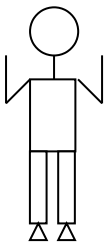
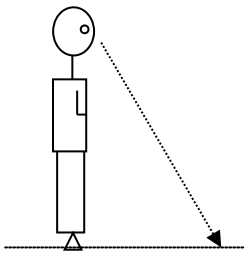
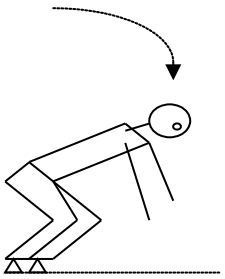
All these positions assume that you are physically able to do them. If due to some physical disability or hardship you cannot adopt a certain position as described, then it is acceptable to do as best as you can.

Second Unit of Prayer:

The major steps are all the same now, as it is a repeat of the first unit, except there is a difference in the sitting position at the end of the second unit of prayer.

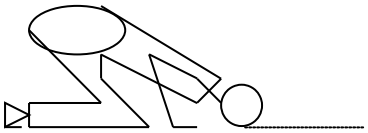
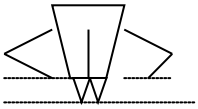
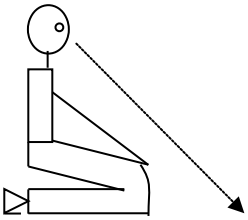
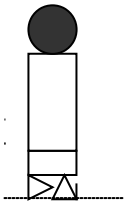
Step 15:	Step16:	Step 17:
		
Come up from the prostration position. (You may use your hands to push yourself up).	Stand up straight again with hands as in step 4, and again focus your eyes on the place where you will place your forehead in the prostration position.	Before going into the bowing position again (open) your arms as in previous steps.

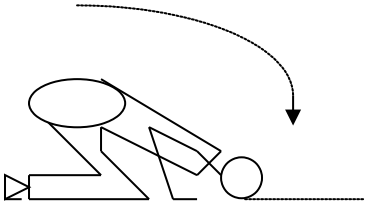
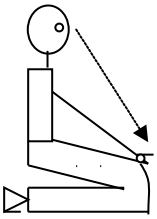
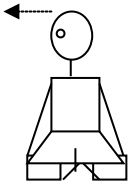
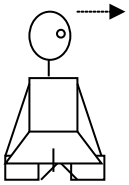
Step 18: Proceed to the bowing position.
Your back and head must be straight.
Hands (with fingers apart) on your knees.
Eyes still focused

Step 19:	Step 20:	Step 21:
		
Come up out of the bowing position, raise (open) your arms again as in step 2.	Stand up straight as before, and again focus your eyes on the place where you will place your forehead in the prostration	Go into the prostration position, by bending your knees and going down slowly.

Step 22: Place your knees on the ground first, followed by your hands and then place your forehead on the ground.

(You may go with your hands first if that is easier).

Step 23:	Back view	Step 24:	Back view
			
The following body parts must touch the ground: Forehead Nose Both hands, flat with your fingers pointing forward Knees Both feet with the toes pointing forward.	- *The arms are outstretched.* - *The forearms must not touch the ground.* - *The heels are together.*	Sit up straight and continue to focus your eyes on the place where you will place your forehead in the prostration position. Hands on your legs with your fingers over your knees.	*Sit on your feet with the right foot upright, toes facing forwards and your left foot flat on the ground.**

Step 25:	Tashahud Step26:		Step 27:
		If the prayer is only 2 units (i.e. Fajr; and any sunnah), then continue with steps 27 and 28. If the prayer is 3 units (i.e. Maghrib), then continue, by repeating from step 15 and continuing up to step 28. If the prayer is 4 units (i.e. Dhuhr, Asr, Eshaa), then continue, by repeating from step 2, until step 28.	
Go back into prostration position as before. Once again, the following body parts must touch the ground: forehead, nose, both hands with fingers pointing forward, knees, and both feet, with the toes pointing forward.	Sit up straight, hands on your legs; left hand as before; your right hand made in a fist with your index finger extended pointing outwards. Your eyes should now be focused on your extended finger.		Step 28: 

This completes the prayer.

Following are some of the actions in prayer that <u>Do NOT</u> conform to the Sunnah (it does not invalidate the salah)**:**

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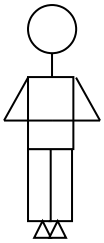	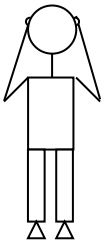	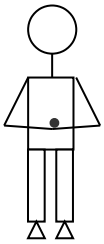	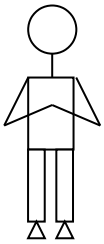	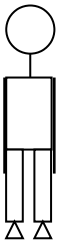	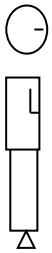	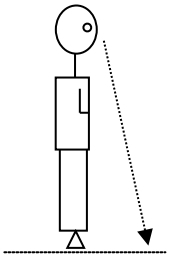	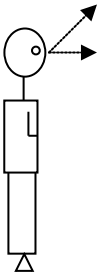
Feet together.	Touching the lobe of the ears.	Keeping the hands below the navel.	g at le d.	Keeping the hands next to the body.	Closing the eyes.	ıg :s t ı :	Focusing the eyes ahead or up in the sky.

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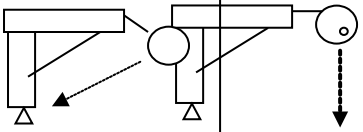		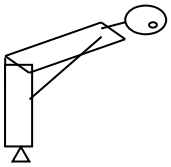	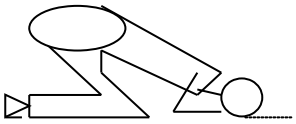	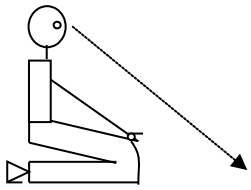
Head too low and eyes focused at the feet in the bowing position.	Eyes focused straight down in the bowing position.	Back not straight in the bowing position.	Forearms flat on the ground in the prostration position.	Eyes not focused on the outstretched index finger in the 2nd (and last) sitting position.

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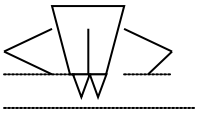
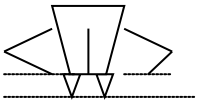
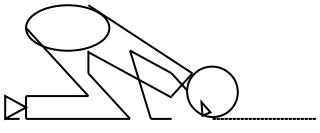
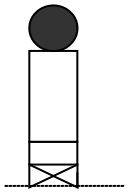
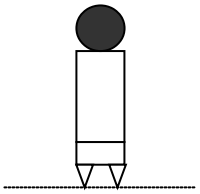
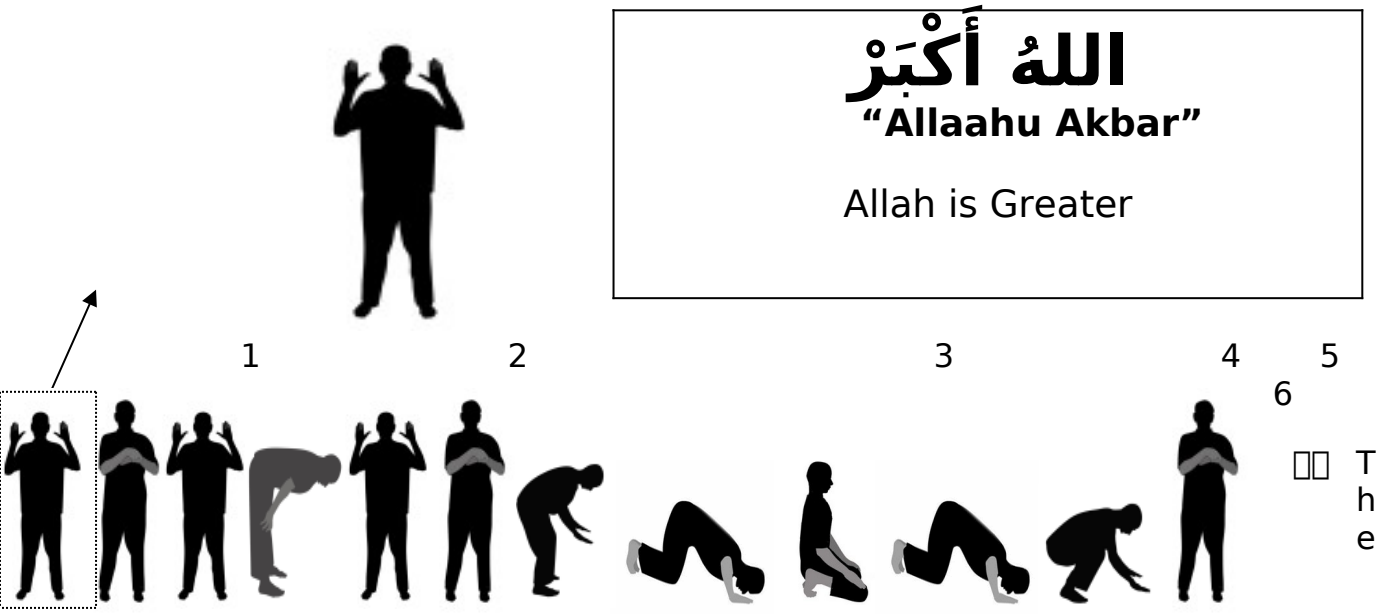
				
Toes in air (off the ground).	Heels apart.	Nose not touching the ground.	Feet crossed and flat on the ground.	on els, ne

What to read and say in salah :

1. Takbir (this is the first step and places one in the state of salah):

Raise your hands between your shoulders (see also Salah Lesson 2, step 2 of the positions of salah) and ear lobes and say:



- The Takbir is uttered:

1. When starting the prayer.
2. When going into the bowing (rukuh position).
3. When going down into the prostration position.
4. When coming out of the prostration position into the sitting position.
5. When going down into the prostration position from the sitting position.
6. When coming out of the prostration position into the standing position.

- If you are the Imam you read aloud in all the above instances so the people following you can hear you.
- If you are following the Imam, then all the above instances are read softly.
- If you are praying alone, then all the above instances are read softly.

. Standing:

- See also Salah Lesson 2, steps 3 and 4 of the positions of salah.
- Recite surah al-Faati ha ́followed by another surah.
- The surah's to read in prayer (al-Faati ha ́etc.) are covered in later lessons.
- Before going into the bowing position, you again raise your hands as in the beginning and again read Takbir as above (see also Salah Lesson 2, step 5 of the positions of salah).

What to read in the bowing position (rukuh):

3. Rukuh (bowing position):

In the bowing position (see also Salah Lesson 2, step 6 of the positions of salah) you read the following as many times as possible (minimum of once):

سُبْحَانَ رَبِّىَ الْعَظِيمْ

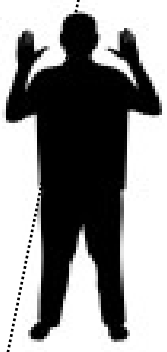
"Subhaana **rabbiyal-ḏheem"**
Glory to my Lord Supreme

- This is always read softly (even if you are the Imam).
- It is normally repeated three times, but one may repeat it for as long as one is in the bowing position.
- A minimum of once is mandatory for the fulfillment of this position in prayer.

What to read in coming up from the bowing position (rukuh):

4. Rising from rukuh:

Coming up from the bowing position (see also Salah Lesson 2, step 7 of the positions of salah), you read the following:



سَمِعَ اللهُ لِمَنْ حَمِدَهْ

“Sami عَ Allaahu liman hmidah”

Allah listens to those who praise Him

- If you are the Imam you read it aloud so the people following you can hear you.
- If you are following the Imam then you read it softly.
- If you are praying alone, then you it read softly.

Followed by saying:

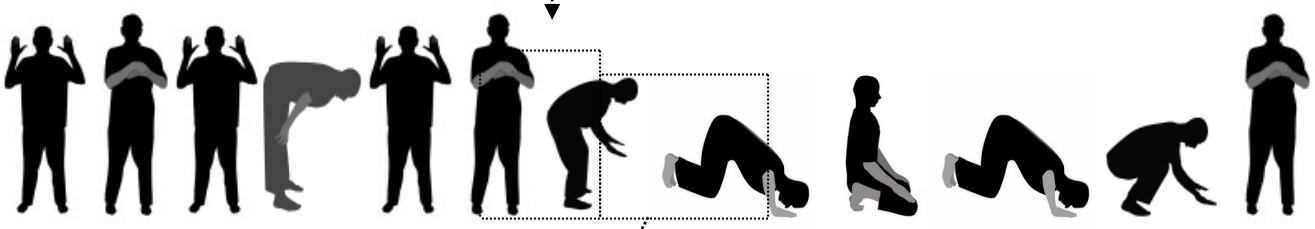
رَبَّنَا وَ لَكَ الْحَمْدْ

“Rabbanaa wa lakal حَmd”

Oh Lord and to You be praise

- You may stand with your hands on your side or as illustrated here.

- This is uttered once while standing and before going into the prostration position.
- This is always read softly (even if you are the Imam).
- Before going into the prostration position, you again read Takbir as in step 1 (see also Salah Lesson 2, steps 8 and 9 of the positions of salah).
- So up till now you would have uttered the Takbir 3 times.



What to read in the prostration position (sujood):

5. Sujood (1):

In the prostration position (see also Salah Lesson 2, step 11 of the positions of salah) you read the following as many times as possible (minimum of once):

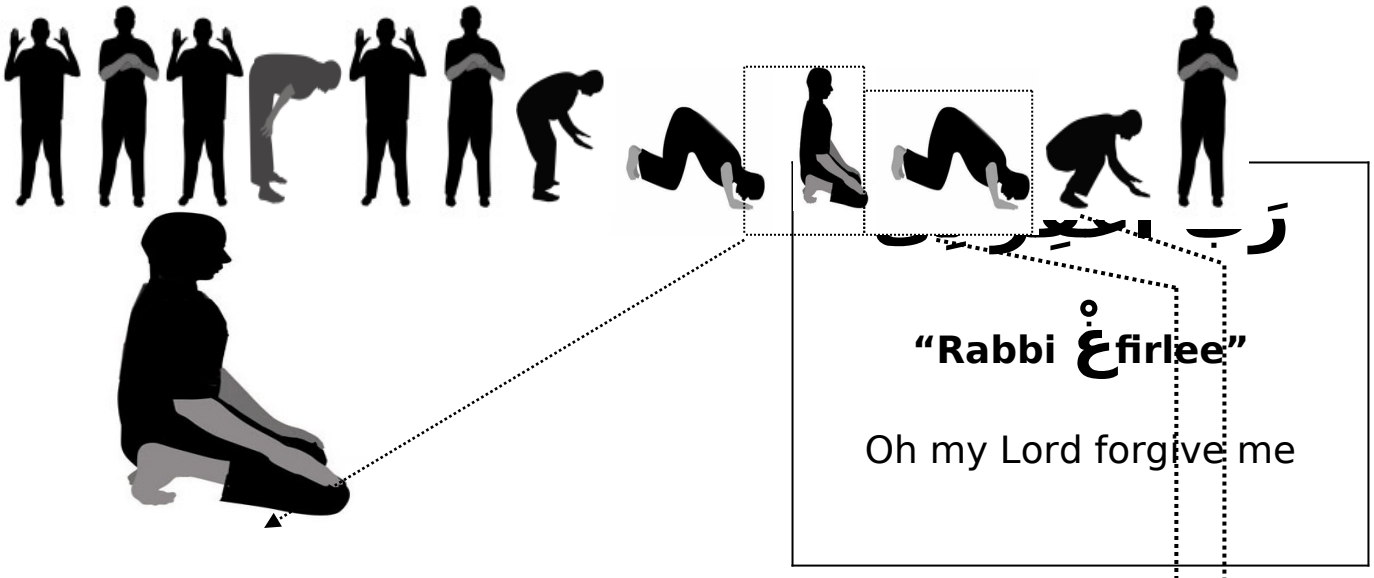
سُبْحَانَ رَبِّىَ الأَعْلَى

“Subhaana Rabbiyal- a

- This is always read softly, even if you are the Imam.
- It is normally repeated three times, but one may repeat it for as long as one is in the prostration position. A minimum of once is mandatory for the fulfillment of this position in prayer.
- Coming up from the prostration position into the sitting position, you again read Takbir as in step 1 (see also Salah Lesson 2, step 12 of the positions of salah).

6. Sitting (1):

In the sitting position (see also Salah Lesson 2, step 13 of the positions of salah) you read the following as many times as possible (minimum of once):



- This is always read softly, even if you are the Imam.
- It is normally repeated three times, but one may repeat it for as long as one is in the sitting position. A minimum of once is mandatory for the fulfillment of this position in prayer.
- Before going down again into the prostration position (see also Salah Lesson 2, step 14 of the positions of salah), you again read Takbir as in step 1.

7. Sujood (2):

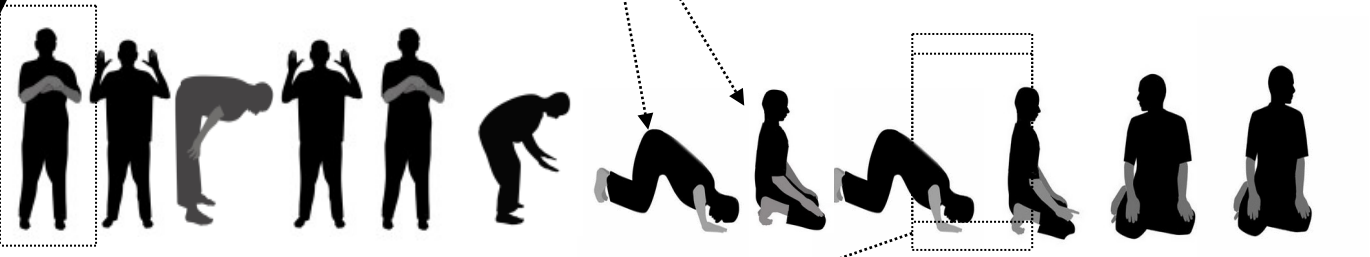
You do the same as in the aforementioned step 5.

- Coming up from the prostration position into the standing position (see also Salah Lesson 2, step 15 of the positions of salah), you again read Takbir as in step 1.
- This is the start of the second rakah.

8. Standing (unit/rak'ah 2):

Repeat from steps 2 up to step 7, except at the end of step 7, you go back into the **sitting** position (see also Salah Lesson 2, step 26 of the positions of salah) and not the standing position.

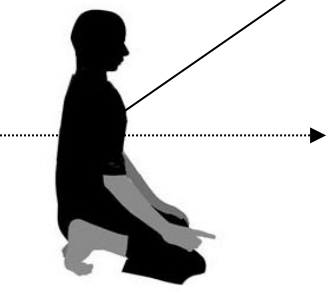
- Coming up from and going down into the prostration position you again read Takbir as in step 1.



9. Sitting (2) - Tashahud:

What to read in the second (or last) sitting position:

- When sitting after the second prostration in the second or last unit of prayer you read the following:



1

Eyes focused on your outstretched or moving finger say:

اَلتَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ
اَلسَّلاَمُ عَلَى النَّبِيِّ وَرَحْمَةُ الله وَبَرَكَاتهُ

Atta h iyyaatu lillaahi wa ss alawaatu wa tayyibaatu,
assalaamu aʿlyka ayyha an-nabiyyi, wa rah˚matullaahi wa barakaatuhu,
assalaamu aʿlaynaa wa aʿlaa eḅaadillaahi ss aali h een.

All compliments, prayers and pure words are due to Allah,
Peace be on the Prophet, and also the mercy of Allah and His blessings. Peace be on us and on the righteous

2

أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ الله
وَ أَشْهَدُ أَنَّ مُحَمَّداً عَبْدُهُ وَ رَسُولُهُ

“Ash-hadu ala ilaha ill-Allah,

wa ash-hadu anna Muḥ́mmadan aʿbduhu wa rasooluh”

I bear witness that there is no god worthy of worship except Allah,
and I bear witness that Muhammad is His slave and messenger.

3

“Allahumma s li 'alaa Muhḿmadin,	**اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ**
wa alaa aali Muhḿmadin,	**وَعَلَى آلِ مُحَمَّدٍ**
Kamaa s ́llayta alaa Ibraheema	**كَمَا صَلَّيْتَ عَلَى**
wa aali Ibraheema	**إِبْرَاهِيمَ**
innaka hḿeedoomajeed	**وَ آلِ إِبْرَاهِيمَ**
	إِنَّكَ حَمِيدٌ مَجِيدْ
Wa baarik aalaa Muhḿmadin	**وَ بَارِكْ عَلَى مُحَ**
wa alaa aali Muhḿmadin,	**وَعَلَى آلِ مُحَمَّ**
Kamaa baarakta	**كَمَا بَارَكْتَ**
alaa Ibraheema	**عَلَى إِبْرَاهِيمَ**
wa aali Ibraheem,	**وَآلِ إِبْرَاهِيمْ**
innaka hḿeedoomajeed”	**إِنَّكَ حَمِيدٌ مَجِيدْ**

Oh Allah! Confer blessings upon Muhammad,
and upon the family and followers of Muhammad as You have conferred blessings on Ibraheem and the followers of Ibraheem.
Certainly You are praiseworthy and honourable.
And continue to bless Muhammad and the family and followers of Muhammad as You have blessed Ibraheem and the followers of Ibraheem. Certainly You are praiseworthy and honourable.

- The aforementioned is uttered once only in the sitting position after the second prostration in the second unit of prayer and in the last unit of each prayer.
- If the prayer consists of only two units, then these will be read only once during the prayer, but for the prayers that are more than two units, then it will be read twice during the course of the prayer.
- With you're right hand made into a fist on your right knee and the index finger, either outstretched or moving (up and down) as you read the aforementioned.
- All three aforementioned are always read softly.

Continuing the prayer:

10a. Standing:

- If it is not the last unit of the prayer, then after completing the (1) aforementioned, you stand again and repeat the steps as described earlier.)

What to read at the closing (to complete) the prayer:

10b. Tasleem:

- If it is the last rakah (unit of prayer) then you do the following:

Turn your face to the **right** and say:

اَلسَّلاَمُ عَلَيْكُمْ وَرَحْمَةُ الله

"Assalaamua 'laykum wa rah

Turn your face to the **left** and say:

5

اَلسَّلاَمُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

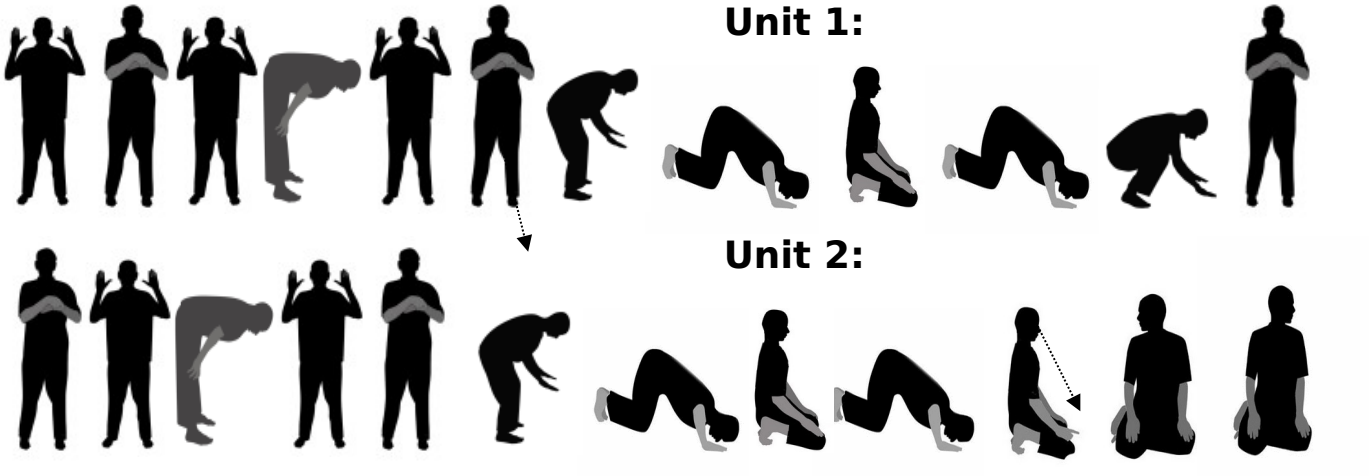
"Assalaamu a ʿlaykum wa ra h matullah"

- The first Takbir places one in the state of salah and the tasleem takes one out of that state.
- This is uttered twice, once while turning your head (with your cheek facing back) to the right, and then the second to the left.
- If you are the Imam you read it aloud so the people following you can hear you.
- If you are following the Imam then you read it softly.
- If you are praying alone, then you it read softly.

Covered in the next lesson.

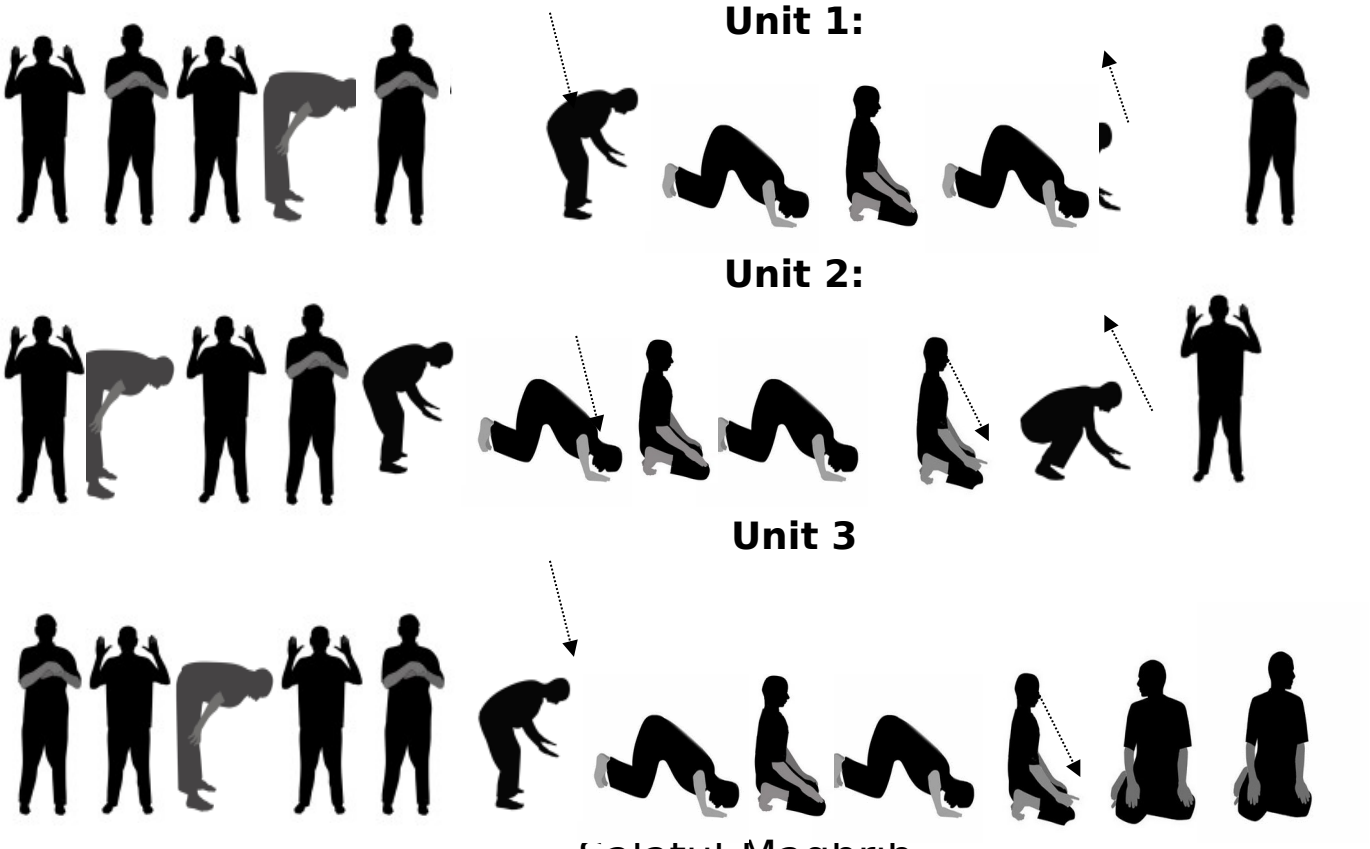
In all the positions one MUST pause for a while until all the limbs are relaxed and in its place before moving on to the next position.

The Positions/sequence of 2 units of Salah:



Salatul-Fajr; any sunnah salah

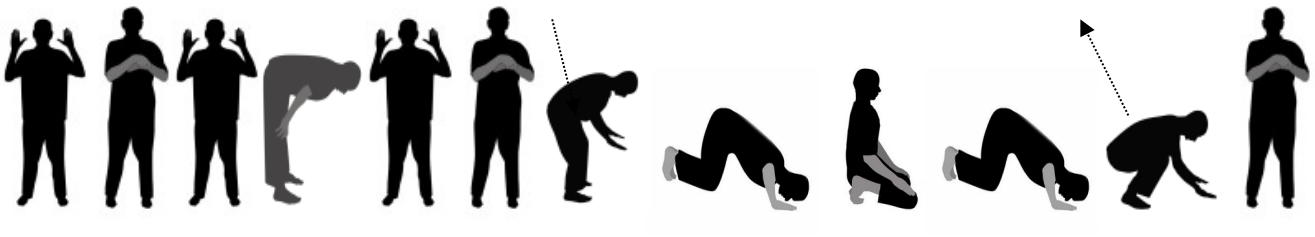
The Positions/sequence of 3 units of Salah:



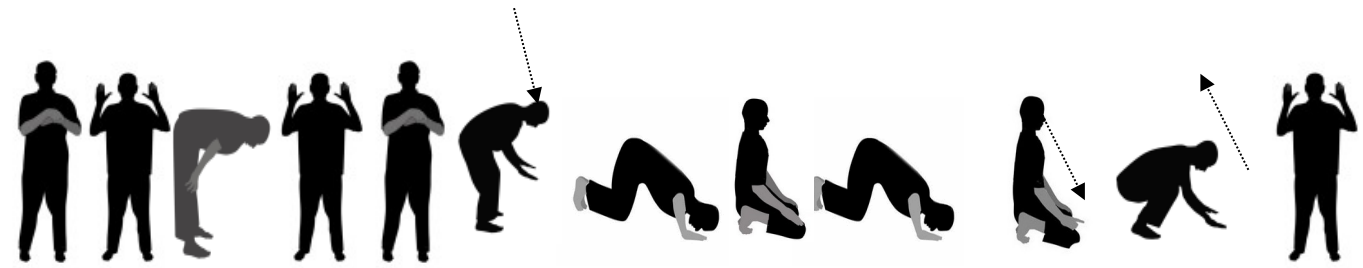
Salatul-Maghrib

The Positions/sequence of 4 units of Salah:

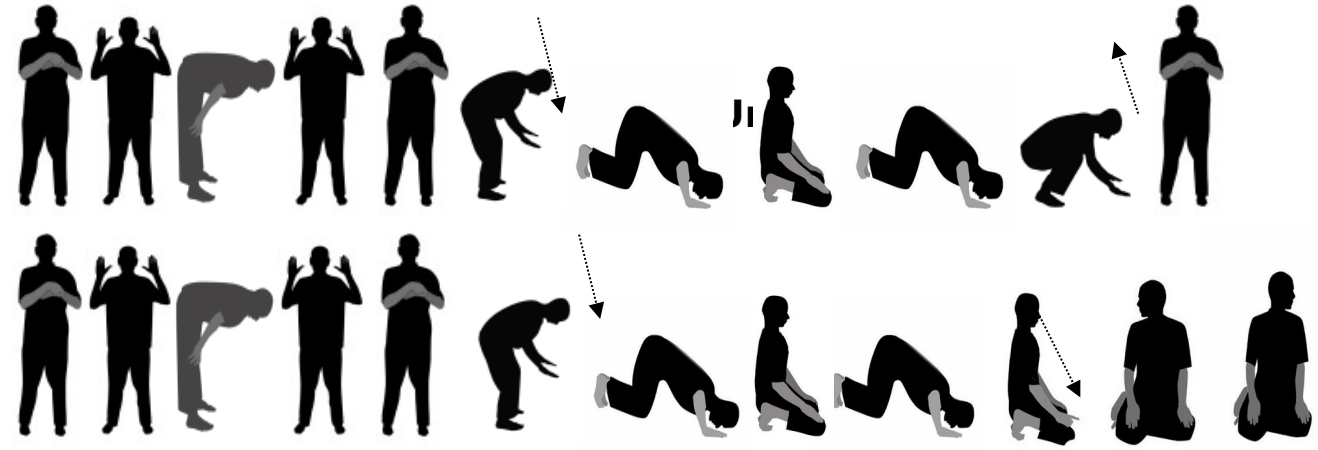
Unit 1:



Unit 2:



Unit 3:

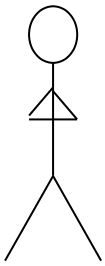


Salatul-Dhuhr; Asr and Eshaa

Written Exercises

Complete the following:

Draw the following steps (use stick men drawings) and write the appropriate text below it:

Example 7: 	**Step 2:**	**Step 3:**	**Step 4:**	**Step 6:**		**Step 11:**
Standing with hands clutching						

Step 13	**Step14:**		**Step 26:**	**Step 27:** **Step 28:**

Practical Exercises

A. Perform (practice) the 4 major positions (at least 2 times).

B. Perform the entire 2 units of prayer, in its proper sequence.

New Words and Expressions

Adhkaar	Mentioning Allah (Dhikr = singular)
Eshaa	Night prayer.
Fajr	Morning (Dawn) prayer.
Juloos	Sitting.
Maghrib	Sunset prayer.
Qiyaam	Standing.
Rak'ah	Unit of prayer.
Rukuh	The bowing position in salah.
Sujood	The prostration position in prayer.
Takbir	Saying "Allahu Akbar", meaning Allah is Greater.
Tashahud	The sitting position in salah in the second or last unit.

Lesson Notes
Written Exercises
New Words and Expressions

Lesson 3

The Types of Prayer

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The different types of prayers (i.e.: fardh, sunnah, nafl).
- ✓ The 5 fardh prayers and its number of obligatory units.
- ✓ The units of sunnah prayers associated with the fardh (Sunnah-Raatiba).
- ✓ About Salatul-Witr, Salatul-Tahiyattul-Masjid and Salatul-Jumuah.

Lesson layout:

Prerequisites:

- Salah (Prayer) Level I – Lesson 1 and 2

Associated Courses:

- Tahaara (Purification) Levels I and II
- Salah Level II and Advanced

- What to Read in Salah Levels I, II and Advanced

Lesson Notes

The types (categories) of prayers:

Fardh (Pillar/Mandatory):

There are 5 daily prayers. These cannot be omitted for any reason. They **MUST** be performed everyday for the rest of your life. These are the pillars of salah. The only exceptions being menstruating and post-natal bleeding women. The women issues are covered in more detail in lesson 4.

Sunnah (Supererogatory/Voluntary):

This category is broken down into sub categories, namely: sunnah-raatiba (sunnah 'attached' to a fardh salah); sunnah-muakkadah (highly recommended- such as the salah to perform when entering a mosque, known as Tahiyattul-Masjid salah.); and nafl (optional). For the purpose of this unit it suffices to know that the salah units performed before and/or after the fardh salah, is known as sunnah-raatiba salah.

The 5 fardh prayers, its number of obligatory units and timings:

1). Salatul-Fajr (Dawn Prayer):

- This prayer is performed before Dawn.
- It consists of 2 units (rak'at).

2). Salatul-Dhuhr (Noon Prayer):

- This prayer is performed immediately after midday, once the sun has moved from its zenith (meridian).
- It consists of 4 rak'at.

3). Salatul-Asr (Afternoon Prayer):

- This prayer is performed at mid-afternoon (when the length of a shadow is equal to the length of its object).
- It consists of 4 rak'at.

4). Salatul-Maghrib (Sunset Prayer):

- This prayer is performed immediately after sunset.

- It consists of 3 rak’at.

5). Salatul-Eshaa (Night Prayer):

- This prayer is performed after the twilight has disappeared.
- It consists of 4 rak’at.

Summary Table:

	Prayer name (Arabic)	Prayer name (English)	Number of rak’at (units)
1	Salatul-Fajr	Dawn Prayer	2
2	Salatul-Dhuhr	Midday Prayer	4
3	Salatul-Asr	Afternoon Prayer	4
4	Salatul-Maghrib	Sunset Prayer	3
5	Salatul-Eshaa	Night Prayer	4
		Total units (rak’at):	**17**

The Sunnah (Voluntary) Prayers

There are 12 sunnah prayers (units) that a Muslim should endeavour to perform daily. They are referred to as sunnah-raatiba. They are the sunnah prayers that are 'attached' to a fardh salah. How to make-up any missed sunnah prayers is covered in Level II

Umm Habeebah (may Allah be pleased with her) related that
she heard the Prophet (ﷺ) say:
"Allah prepares a house in Paradise for every believer
who offers twelve rak'at of nafl (voluntary) prayer beyond that
which is obligatory upon him."

(Muslim)

1). Sunnah for Salatul-Fajr (Dawn Prayer):

- This prayer is performed before the fardh prayer.
- It consists of 2 units (rak'at).

2). Sunnah for Salatul-Dhuhr (Noon Prayer):

- These prayers are performed before and after the fardh prayer.
- It consists of 4 units (rak'at) before and 2 units after.
- The 4 units before are done in 2 units at a time.

3). Sunnah for Salatul-Asr (Afternoon Prayer):

- There are no sunnah-raatiba prayers before or after Salatul-Asr

4). Sunnah for Salatul-Maghrib (Sunset Prayer):

- This prayer is performed after the fardh prayer.
- It consists of 2 units (rak'at).

5). Sunnah for Salatul-Eshaa (Night Prayer):

- This prayer is performed after the fardh prayer.
- It consists of 2 units (rak'at).

Summary Table:

	Prayer Name	Number of sunnah rak'at before	Number of fardh rak'at (units)	Number of sunnah rak'at after		Totals
1	Salatul-Fajr	2	2	-		4
2	Salatul-Dhuhr	2+2	4	2		10
3	Salatul-Asr	-	4	-		4
4	Salatul-Maghrib	-	3	2		5
5	Salatul-Eshaa	-	4	2	+ 3	6 + 3
	Totals:	6	17	6	3	29 + 3

12

Three other Prayers:

Three other prayers that are very important to learn about at this stage are Salatul-Tahiyattul-Masjid, Salatul-Jumuah and **Salatul-Witr.** The Prophet (ﷺ) **NEVER** omitted Salatul-Witr, even while travelling. These salawaat are covered in more detail in the Salah Level II course.

1). Salatul-Witr:

- Witr means one or odd.
- This prayer is normally performed as the last prayer of the night. This does not mean you cannot pray after this. There are different methods (units) for this prayer. The most common method is covered here.
- It consists of 3 units (rak'at).
- It is performed 2+1, with two tasleems.
- Though this prayer can be performed from anytime after Eshaa until Salatul-Fajr (Dawn prayer), most people tend to perform this salah after the sunnah of Salatul-Eshaa.

2). <u>Salatul-Tahiyattul-Masjid (Greeting the Mosque):</u>

- This prayer is performed once you enter any place of prayer, before sitting down.
- It consists of 2 units (rak'at).

Abu Darda (may Allah be pleased with him) related that
Allah's Messenger (ﷺ) said:
"When one of you enters the mosque you should pray two rak'at before sitting down"

(Bukhari and Muslim)

3). <u>Salatul-Jumuah (Friday Congregational Prayer):</u>

- This prayer is performed every Friday, instead of Salatul-Dhuhr if it is done in congregation.
- It is fardh (obligatory) on every Muslim male to attend this prayer.
- It consists of a lecture/sermon (khutbah) followed by 2 units (rak'at) of prayer (read aloud). One should not speak during the khutbah.

[يَأَيّهَا الّذِينَ آمَنُوَاْ إِذَا نُودِيَ لِلصّلاَةِ مِن يَوْمِ الْجُمُعَةِ فَاسْعَوْاْ إِلَىَ ذِكْرِ اللّهِ وَذَرُواْ الْبَيْعَ ذَلِكُمْ

"O you who believe (Muslims)! W
call is proclaimed for the Salât (p
the day of Friday (Jumu'ah prayer
to the remembrance of Allâh (Jum
religious talk (Khutbah) and Salât
and leave off business (and every
That is better for you if you did bu

{Surah Al-Jumuah (62), ayah 9}

Summary

The minimum prayers a Muslim MUST perform daily are the fardh (pillars/mandatory) ones. These consist of 17 units in total. The

additional recommended prayers are 12 units and also 3 for Witr. That is a total of 32 units. So, if you were to perform all your fardh and recommended sunnah prayers daily, then you would make a sum of 64 prostrations a day and utter about 384 times **اللهُ أَكْبَرُ** "Allahu-Akbar" .

Written Exercises

Complete the following:

A. List the 3 major categories (types) of salah:

.....

.....

.....

B. List the 5 fardh salawaat (Arabic & English names)

1) .....

2) .....

3) .....

4) .....

5) .....

C. How many rak’at is Salatul-Witr, and how is it performed?

.....

D. When is Salatul-Tahiyattul-Masjid performed?

……

……

E. What is the reward for performing the 12 additional (other than fardh) recommended prayer units?

……

……

G. Complete the following table:

	Prayer Name	**Number of sunnah rak'at before**	**Number of fardh rak'at (units)**	**Number of sunnah rak'at after**	**Totals**
1	Salatul-Fajr	2			
2				2	10
3	Salatul-Asr		4		
4			3		
5	Salatul-Eshaa				
6	Salatul-Witr				
	Totals:				32

New Words and Expressions

Abu Darda See under Anas in Lesson 1.

Asr Afternoon prayer.

Dhuhr Midday prayer.

Eshaa Night prayer.

Fajr Dawn prayer.

Fardh The pillars or mandatory requirements.

Khutbah Religious lecture/sermon.

Maghrib Sunset prayer.

Masjid Mosque.

Nafl Optional (also a sub-category of sunnah salah).

Rak'at Units of prayer. (**Rak'ah** – Singular)

Salawaat Plural of salah (prayer). Salatul is used if it precedes a salah name.

Sunnah The optional or voluntary (means it is not wajib) requirements. Different meaning from the reference of the Sunnah of the Prophet (ﷺ).

Sunnah:

-Muakkadah Strongly recommended (almost wajib).
-Raatiba The sunnah salah that is 'attached' to the fardh salah.

Tahiyattul-Masjid Prayer when entering a mosque before sitting down.
Tasleem Action performed at the completion of salah.
Umm Habeebah See under Anas in Lesson 1.
Wajib Obligatory.
Witr Normally the last prayer for the night. Witr means 'one' or 'odd'.

Lesson Notes

Written Exercises

New Words and Expressions

Lesson 4

The Timings of Prayer

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The importance of performing prayer at its prescribed times.
- ✓ The timings (start and end) of the 5 fardh prayers.
- ✓ The forbidden times for prayer.
- ✓ The requirement and reward of prayer in congregation.
- ✓ The special rewards for praying in Makkah, Madinah and Masjid Aqsa.

Lesson layout:

Prerequisites:

- Salah (Prayer) Level I – Lessons 1, 2 and 3

Associated Courses:

- Tahaara (Purification) Levels I and II

- Salah Level II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

The importance of performing prayer at its prescribed times:

[...إِنّ الصّلاَةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَاباً مّوْقُوتاً]

"...Verily, As-Salat (the prayer) is enjoined on believers at fixed hours."

{Surah An-Nisa (4), part of ayah 103}

[حَافِظُواْ عَلَى الصّلَوَاتِ والصّلاَةِ الْوُسْطَىَ وَقُومُواْ للّهِ قَانِتِينَ]

"Guard strictly the prayers especially the middle prayer and stand before Allah with obedience."

{Surah Al-Baqarah (2), ayah 238}

Some Muslims do not believe that performing the prayers at their prescribed time is important. If it weren't then why would Allah make specific times? Also if it wasn't, then the ruling could have been simply that we can perform the five prayers anytime of the day we like or when it is convenient for us. Also in the second ayah above Allah warns us to take care of the middle prayer, once again highlighting that the specified times are mandatory for the Salah.

It is of the utmost importance that the prayer **Must** be performed within its prescribed times. The best time is the start time as stated by the Prophet (ﷺ) that this is the most liked by Allah. However, anytime within the range is acceptable, as this is as a mercy from Allah for those who, for some reason, are unable or would find it difficult in doing so. Concerning one who leaves a salah intentionally until its time expires, he will never be able to make up for that salah. Such a person should turn to Allah and ask His forgiveness

and increase his good deeds and nawafil in order to increase his weight [of good deeds] on the Day of Resurrection.

The only exceptions being: the scholars agree that it is obligatory for one who has forgotten the salah or slept through its time to make up the missed prayer. This opinion is based on the hadith of the Prophet (ﷺ):

"There is no negligence while one is asleep but forgetfulness occurs when one is awake. If one of you forgets the prayer or sleeps through its time, then he should perform the salah when he recalls it."

(Bukhari & Muslim)

If one falls unconscious, then he need not repeat the salah, unless he regains his consciousness with enough time to purify himself and perform the salah within its proper time.

Allah classifies those who delay their prayers with the hypocrites. Do you wish to be with the hypocrites on the Day of Judgment, knowing that they (hypocrites) will reside in the lowest depths of the Hellfire?

“So woe unto those performers of Salah (hypocrites) Who delay their Salah from their	[فَوَيْلٌ لِّلْمُصَلِّ الَّذِينَ هُمْ عَن صَلاتِهِ

{Surah Al-Ma’un (107), ay'at 4-5}

The 5 Fardh prayers, their timing ranges:

Abdullah ibn 'Amr reported that the Messenger of Allah (ﷺ) said, ***"The time of the noon prayer is when the sun passes the meridian and a man's shadow is the same length as his height. It lasts until the time of the afternoon prayer. The time of the afternoon prayer is until the yellowing of the sun (during its***

setting). The time of the evening prayer is as long as twilight. The time of the night prayer is to the middle of a night of medium duration. And the time of the morning prayer is from the appearance of the dawn until the time of sunrise. When the sun rises, abstain from praying, as it rises between the horns of Satan."

(Muslim)

Note that apart from the Dawn prayer, the start time for all the other prayers are immediately after the one before it.

	Prayer name (Arabic)	**Prayer name (English)**	**Start time**	**End time**
1	Salatul-Fajr	Dawn Prayer	From the first light appearing in the sky	Sunrise
2	Salatul-Dhuhr	Midday Prayer	From the decline of the sun (about 20 minutes after it has reached its zenith)	Asr
3	Salatul-Asr	Afternoon Prayer	From mid-afternoon (when the length of a shadow is equal to the length of its object	Maghrib
4	Salatul-Maghrib	Sunset Prayer	From the disappearance of the sun	Eshaa

5	Salatul-Eshaa	Night Prayer	From the disappearance of the redness from the horizon	Midnight*

* Though many books teach that Salatul-Eshaa ends in the morning before Salatul-Fajr, this is incorrect. This issue is addressed in detail Salah Level II.

The forbidden times for Salah:

There are three times of the day that the Prophet (ﷺ) instructed us not to perform prayers (forbidden). There are also two other times that are Makrooh to perform prayers (disliked/not recommended). The following prayers are exempted from these two times and can be performed at anytime: prayers that need to be 'made-up' due to sleep or forgetfulness; and any prayer with a 'purpose' such as Salatul-Tahiyattul-Masjid or the salah after tawaaf.

Forbidden Times:

- ☒ During sunrise.
- ☒ When the sun is at its zenith.
- ☒ During sunset.

Makrooh Times:

- ☒ From after the Dawn prayer (Salatul-Fajr) until sunrise.
- ☒ From after the Afternoon prayer (Salatul-Asr) until Sunset prayer (Salatul-Maghrib).

Other Times:

- ☒ If you are in the mosque and the Iqaama for the fardh prayer has been announced, then no other prayer should be started, as it will be regarded as invalid. Meaning that if you are late

for Fajr and the call for start of prayer (Iqaama) is being announced, then you should not start your sunnah for Fajr, or any other prayer.

The requirement and reward for prayer in congregation (Jama'a):

It is incumbent on every male Muslim to endeavour to perform his prayers in a mosque (in congregation). Females may perform their salah in a mosque, but is not a requirement for them to do so. As a matter of fact, it is strongly recommended that they perform their prayers at home. Performing the prayers in congregation for males is compulsory (wajib). However, if for some reason he is not able to do so in congregation, then he must still perform it, even if it is on his own. Many ahadith discuss the superiority and excellence of prayers in congregation:

Ibn 'Umar reports that the Prophet (ﷺ) said:
"Prayer in congregation is superior to a prayer performed individually by twenty-seven degrees."
(Bukhari and Muslim)

Abu Hurairah also reports that the Prophet (ﷺ) said:
"By Him in Whose Hand is my soul! I have considered ordering a fire to be kindled and then ask someone to lead the people in salah. And then go to the men [who did not attend the prayer] and burn their houses over them."
(Bukhari and Muslim)

There is also no excuse if there is no mosque nearby, as it is the issue of congregation rather than being in a mosque. At least 2 people constitute a congregation. Allah the Exalted has conferred a special blessing upon this ummah - that is, the whole earth has been declared a mosque for it. Therefore, when the time for prayer comes, a Muslim may pray wherever he may be. There are some exceptions, such as in toilets, graveyards, places where animals are kept and obvious places of dirt. Facing gravesites while performing prayers is also forbidden.

The Prophet (ﷺ) said:
"Wherever you may be, at the time of salah, you may pray for it [the earth] is all a mosque."
(Bukhari)

The special rewards for praying in Makkah, Madinah and Masjid Aqsa.

There are special rewards for praying in the Harams in Makkah, Madinah and in the mosque in Jerusalem (Masjidul-Aqsa).

Jabir reports that the Messenger of Allah said (ﷺ):

"Prayer in the inviolable mosque [in Makkah] is like 100,000 prayers [elsewhere]. And a prayer in my mosque [in Madinah] is like one thousand prayers [elsewhere]. And a prayer in Bait al-Maqdis [in Jerusalem] is like five hundred prayers [elsewhere]."

(al-Baihaqi)

Makkah	=	100,000 times more reward than a normal mosque.
Madinah	=	1,000 times more reward than a normal mosque.
Aqsa (Jerusalem)	=	500 times more reward than a normal mosque.

Written Exercises

Complete the following:

A. Give one reference from the Qur'aan that highlights the importance of performing one's prayers at its prescribed times:

.....

B. List the 2 exceptions when one is excused for not performing prayer on time.

1) .....

2) .....

C. What is the best time to perform the prayer?

.....

D. Whit what category of people does Allah compare those who delay their prayers?

.....

E. Can one ‘make-up’ a prayer that was intentionally left?

.....

F. Complete the following Table:

	Prayer name (Arabic)	**Prayer name (English)**	**Start time**	**End time**
1	Salatul-Fajr	Dawn Prayer		
2	Salatul-Dhuhr	Midday Prayer		

3	Salatul-Asr	Afternoon Prayer		
4	Salatul-Maghrib	Sunset Prayer		
5	Salatul-Eshaa	Night Prayer		

G. List the 3 times that it is forbidden to perform prayers.

1) .....

2) .....

3) .....

H. List the 2 times that it is Makrooh to perform prayers.

1) .....

2) .....

I. What are the two exceptions for the times in (QG & QH)?

.....

J. Is prayer in congregation obligatory for males?

.....

K. Is prayer in congregation obligatory for females?

.....

L. What are the rewards for praying in:

1). Makkah
……

2). Madinah
……..

3). Masjidul-Aqsa
……

New Words and Expressions

(Bukhari)	The Imam that related the hadith. Regarded as the most authentic source of reference for ahadith.
(Muslim)	The Imam that related the hadith. Regarded as the second most authentic source of reference for ahadith.
Abu Hurairah	See under Anas in Lesson 1. This companion narrated the most ahadith.
Aqsa	The mosque located in Jerusalem (Palestine). It is the mosque from which the Prophet (ﷺ) ascended to heaven.
Bait-al-Maqdis	Same as Aqsa.
Ibn 'Amr	See under Anas in Lesson 1.
Ibn Umar	See under Anas in Lesson 1.
Iqaama	Pronounced in the mosque indicating that the prayer is about to start.
Jama'a	Congregation.
Madinah	The city to which our beloved Prophet (ﷺ) migrated from Makkah, where his mosque is located and where he is buried.
Makkah	The holiest city of the Muslims, where the Ka'bah is located.
Makrooh	Disliked. In Islamic terminology it denotes an action that is discouraged, and one is rewarded for abstaining from it.
Masjid-ul-Aqsa	Same as Aqsa.
Nawafil	Plural for nafl (optional).
Tawaaf	Circumambulating the Ka'bah (walking around it 7 times).
Ummah	Word used when referring to the Muslim nation.
Zenith	When the sun is directly above (midday).

Lesson Notes

Written Exercises

New Words and Expressions

Lesson 5

Actions invalidate Prayer

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ Some of the benefits of prayer.
- ✓ The preconditions and some regulations for prayer.
- ✓ The actions that invalidate prayer.
- ✓ The actions that are allowed in prayer.
- ✓ Some of the conditions related to women and prayer.

Lesson layout:

Prerequisites:

- Salah (Prayer) Level I – Lessons 1, 2, 3 and 4

Associated Courses:

- Tahaara (Purification) Levels I and II

- Salah Level II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

Some benefits of prayer:

How many times a day does one take a bath or a shower? If you had a bath 5 times in one day, wouldn't you feel very clean? I am sure you would. Now, the salah has a similar effect on our minor sins:

Narrated by Abu Hurairah, I heard Allah's Apostle (ﷺ) *saying,*

"If there was a river at the door of anyone of you and he took a bath in it five times a day would you notice any dirt on him?" They said, "Not a trace of dirt would be left." The Prophet* (ﷺ) *added, "That is the example of the five prayers with which Allah blots out (annuls) evil deeds."

(Bukhari)

[...إِنَّ الصَّلاَةَ تَنْهَىَ عَنِ الْفَحْشَآءِ وَالْمُنْكَرِ وَلَذِكْرُ اللَّهِ أَكْبَرُ]

"...Verily Salah prevents Al-Fasha (great sins) and Al-Munkar (polytheism and evil wicked deeds) and remembering Allah is greater..."

{Surah Al-Ankabut (29), part of ayah 45}

Allah's Messenger (ﷺ) *said:*

"All the sins between five daily Salawaat (prayers); one Friday prayer to the next Friday prayer; and also between (the fasting of) one Ramadaan to the next Ramadaan are wiped off if one avoids the major sins."

(Muslim)

Now imagine if you were paid a salary five times a day, or you are able to meet with your company director five times a day, where

you can plead with him whatever you want. Allah has given this blessing to the believers. A minimum of five times a day, you are in communication with your Creator and Sustainer.

"Whenever the Prophet (ﷺ) encountered a serious matter, he hurried to the Salah"

(Ahmad and Abu Dawud)

This aforementioned ahadith highlights that there are benefits to salah that we cannot imagine. Think if you had to meet someone everyday at least five times in the day. Or let us say speak to that person 17 times by telephone. Don't you think that you will become very close to that person? That is what we do in salah. We are praising and pleading to Allah at least 17 times a day.

Some other regulations for Prayer:

There are a few other regulations that are important to know:

1. To have sutra (an object directly in front of you). (Explained in more detail in the Salah Level II).

2. The prayers (salah) can only be performed in Arabic. (Covered in detail in the 'What to Read in Salah' units).

3. You must stand. If due to certain conditions, such as a physical disability or illness then you may sit or lie down.

4. Prayers left intentionally cannot be made-up.

5. Do not walk in front of someone performing prayers.

6. All actions must be done in a calm and dignified manner. There should be a pause in every position.

7. Never perform any action ahead of the Imam while in congregation prayer.

8. The required number of units for each particular prayer is mandatory.

9. For the fardh prayers there are 3 prayers which are read aloud and 2 which are silent.

10. The exception being the Friday prayer (Jumuah). It is performed instead of Dhuhr if done in congregation and it is two rak'ah read aloud.

	Fajr	**Dhuhr**	*Jumuah*	**Asr**	**Maghrib**	**Eshaa**
Units	2	4	*2*	4	3	4
Aloud	Both	None	*Both*	None	First 2	First 2
Silent	None	All 4	*None*	All 4	Last 1	Last 2

The actions that invalidate prayer:

There are certain actions that invalidate the prayer, which means that particular prayer has to be redone.

- ☒ Willful negligence of any basic posture of the prayer.
- ☒ Talking.
- ☒ Laughing.
- ☒ Eating or drinking.
- ☒ Intentionally uncovering the aurah.
- ☒ Intentionally diverging from the direction of the Qiblah.
- ☒ Excessive movement, which is not part of the salah.
- ☒ Invalidated Wudhu: If you invalidate your wudhu during the prayer, you must leave/stop immediately and go to perform wudhu and return to the salah, starting again from the beginning.
- ☒ If you performed, say Dhuhr, and later in the day you remember that you did not have wudhu while performing Dhuhr, you must redo it immediately.

The actions that are allowed in prayer:

The following do not invalidate prayer:

- ☑ Weeping or uncontrollable moaning from pain or other causes.
- ☑ Killing a snake or a scorpion.
- ☑ Signaling with the hand or bowing the head in response to a greeting or other speech.

- ☑ Moving something out of the way of the place of prostration.
- ☑ Taking a few steps when necessary.
- ☑ Carrying a small child or allowing him to cling to one's neck or body while praying.
- ☑ Saying "Subhan-Allah" for men and clapping for women in order to draw attention to something important or a mistake made by the imam.
- ☑ Reading verses of the Qur'aan from a book or a paper when necessary.

The conditions related to women and prayer:

There are some specific conditions that relate to women only. Though it relates to women, it is important for men also to understand them. Some aspects don't only apply to salah, but at all times while outside the home or in the presence of strange (non-mahram) men.

- All prayers, obligatory, recommended and optional also apply to women.
- The posture and positions in prayer are the same for men and women.
- All the same conditions in relation to prayer, which apply to men, also apply to women, with the exception of the following:
- The best place for women to perform her prayers is at home, though she may go to the mosque.
- With the exception of her face and hands her entire body including her feet and hair must be covered during salah.
- She may pray holding a baby or a small child (men may also do this, if needed).
- A woman cannot lead a man in prayer.
- A woman can lead a group of other women in prayer.
- The best row for a woman in the mosque is the last row.
- Women can pray without pronouncing Adhaan or Iqaama. If they do pronounce it, they should not do it in a high voice so that they can be heard by men.
- Women must not perform salah in front of a row of men, unless there is a barrier separating them.
- Menstruating or post-natal bleeding women are not required to perform prayer, nor are they required to 'make it up'. Bleeding other than this is covered in the 'Tahaara (Purification) Level I' units.
- Congregation prayer is not obligatory on women.
- Friday prayer (Jumuah) is not obligatory on women.

- Women must not walk in front of men performing non-congregational salah.
- Women must not wear tight fitting or transparent clothing to the mosque.
- Women must not use perfume when going to the mosque.
- Women cannot wear nail polish, unless it was put on after performing ablution. (Covered in more detail in the 'Tahaara (Purification) Level I' units).
- One who is in a state of sexual impurity (janaba) is not allowed to pray, make tawaaf, touch the Qur'aan or recite it from memory until she has performed ghusl (applies to men also). Women in this state may not sit in a mosque but may pass through it. Women in their menstruation may not sit in a mosque, but may pass through it or fetch something from inside the mosque.

Written Exercises

Complete the following:

A. List at least 2 benefits of prayer.

1) .....

2) .....

B. List 4 conditions of prayer.

1) .....

2) .....

3).....

4) .....

C. List 2 other regulations for prayer.

1).....

2).....

D. Complete the following Table:

	Fajr	**Dhuhr**	**Asr**	**Maghrib**	**Eshaa**	**Jumuah**
Units	2	4	4	3	4	2
Aloud						
Silent						

E. List 2 actions that invalidate the prayer:

1) .....

2) .....

F. List the 3 actions that are allowed during prayers.

1) .....

2) .....

3) .....

G. List 2 of the conditions related to women and prayer.

1).....

2) .....

New Words and Expressions

Ablution	**Wudhu –** The method of purification for (required) salah.
Adhaan	The Muslim's call to prayer.
Aurah	The parts of the body that must be covered at all times (the exceptions are addressed in later lessons).
Ka'bah	The cube structure inside the mosque in Makkah to which all Muslims face during prayer.
Mahram	Apart from a women's husband, a male relative whom she cannot legally marry (at any time in her life), i.e., her brother, father, son, husband's father, etc.
Qiblah	The direction all Muslims face during prayer.
Ramadaan	The 9th month of the Islamic calendar (month of fasting).
Subhan-Allah	It means, "Glorified is Allah".

Sutra An object like a pillar, wall or stick etc., that one should place in front of you while praying to act as a symbolic barrier between you and others.

Lesson Notes
Written Exercises
Practical Exercise
New Words and Expressions

Lesson 6

The Types of Prayer

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ What is disliked during prayer but does not invalidate it.
- ✓ The rules for missed prayers.
- ✓ What to do when arriving late for prayer.
- ✓ What to do when a mistake is made during prayer.

Lesson layout:

Prerequisites:

- Salah (Prayer) Level I – Lessons 1, 2, 3, 4 and 5

Associated Courses:

- Tahaara (Purification) Levels I and II

- Salah Level II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

What are disliked during prayer but do not invalidate it:

There are certain actions that one should avoid during prayer. They do not invalidate the prayer, but may certainly reduce the reward that one may obtain. Some of these actions are covered in the previous lesson.

1. Playing with clothing or a part of the body unnecessarily.
2. Looking up towards the sky.
3. Looking at what is distracting, or thinking of other things.
4. Feeling the need to go to the bathroom (using the bathroom should be done before prayer if one feels the need).

Missed prayers:

There is some confusion amongst many Muslims on this point. Some believe that one can make up all the prayers that one left in the past. That is obviously referring to the ones left intentionally. This is discussed at length in the Salah Level II lessons. For the purpose of this unit, the rulings on missed prayers are:

1. Any prayer missed intentionally cannot be made up. It is gone, and one must make sincere repentance for this.
2. If you oversleep, you must perform any prayer you have missed while sleeping, immediately upon waking up.
3. If you forget, you must perform any prayer you have missed, immediately when you remember.
4. These prayers can be performed during the forbidden times of prayer.
5. You must perform any missed prayers in its proper sequence.

Example:

You decide to sleep in the afternoon before Asr. You wake up at Maghrib time. You must make wudhu immediately and perform Asr first and then Maghrib salah. Let us say you forgot to make Asr and it is after Eshaa already. You should perform Asr without delay as soon as you realize it. If you remember at Eshaa time and you have not performed Eshaa yet, then you should perform Asr first followed by Eshaa.

If you performed say Dhuhr, and later in the day you remember that you did not have wudhu while performing Dhuhr. You must redo it immediately. If you invalidate your wudhu during the prayer, you

must stop and leave immediately to go and perform wudhu and return to the salah, starting from the beginning again.

Arriving late for prayers:

There are very fundamental rules that one should follow when arriving late for congregational prayers. They are:

1. Never run towards the congregation. Continue to walk at a normal calm pace even though you may be late.
2. Join the congregation in whatever position they are in. You must first, say your first Takbir, raise your hands and then put them on your chest, stand for a moment and make another Takbir, and then go into the position the rest of the congregation is in (assuming they are not standing). You should not start your prayer by going directly into rukuh or sujood.
3. You make up the number of units that you have missed. A rak'ah is considered missed if you missed the Rukuh position or if you 'caught' the rukuh position but you were not able (not enough time) to recite at least once "Subhana-rabbi-al 'atheem" (See 'What to read in Salah' lessons for the correct transliteration).
4. If you come in while the Imam is coming to the standing position from the prostration position, take care not to start before he is out of the prostration position, otherwise you will be ahead of him.
5. Do not wait for the congregation to stand if you find them in sujood. Join them as described above, even though you will have to redo that unit of prayer.
6. If you arrive and the congregation is finished, then you may start your own congregation. If there is no other person to join you, then you may perform the salah on your own. You may also 'join-on' to another person that came late and is now standing to complete his units. This action is covered in detail in Salah Level II.

Example:

You arrive late for Dhuhr and find the congregation in sujood of the second rak'ah. This is what you should do:

1. Raise your hands and say "Allahu-Akbar", and put them on your chest.
2. Pause momentarily and then once again say, "Allahu-Akbar", then proceed to go into sujood (prostration position).

3. Complete the salah with them. When the Imam makes tasleem to the left, you stand up and perform 2 more units, after which you will make tasleem. This will complete the 4 units for Dhuhr. The first complete rak'ah you made (which was the 3rd for the rest of the congregation) is regarded as your 1st. So the 2 units you made up (alone) are units 3 and 4.
4. Hence, if you join them in the last unit (rak'ah), meaning you have missed 3, then you will get up after the Imam makes tasleem, and perform 1 more rak'ah after which you will sit in the tashahud (sitting) position (as this is now your 2nd rak'ah), followed by another 2 units to complete the 4 units. In this case you will be in the tashahud (sitting) position three times, instead of only two.

Mistakes (forgetting) during prayers.

On occasions one may make a mistake (forget) during prayer. On some occasions even the Imam may make a mistake (forget) during congregational prayers. The categories of mistakes are basically two, either adding or subtracting from the salah. The mistakes that require one to perform Sujood-as-Sahw (Prostration for forgetfulness) are:

1. Forgetting to sit in the middle tashahud.
2. Doing one sajdah instead of two.
3. Performing tashahud at the end of the first rak'ah.
4. Doing three prostrations.
5. Forgetting in which rak'ah you are, causing you to do one of the following:
    - Sitting in the third rak'ah believing that it is the last.
    - Standing to make a fifth rak'ah.
    - Praying three rak'ah instead of four.

Sujood-as-Sahw.

Allah in His mercy has given us a way of rectifying any mistake (forgetfulness) we may make in our salah. He could have had us repeat the whole salah, which meant you could go on forever as each time you may make a mistake. Allah has only required that we should perform two additional sajda's to cover up for our forgetfulness. They are called '**Sujood-as-Sahw**'. Prostration for

forgetfulness. Note that Sujood-as-Sahw does not apply to mistakes in recitation. Normally the recitation mistakes are corrected during the salah, in the audible prayers.

The time for Sujood-as-Sahw:

The sujood can be done at two possible times: Either before the tasleem (saying “Asalamu Alaykum”) or after the second tasleem.

According to the sunnah there are rules governing as to when we do it before and when we do it after, depending on the mistake made. These details are covered in the Salah Level II units. For the purpose of this unit it suffices to know the method.

The method of Sujood-as-Sahw:

After you have completed all the duah’s in the tashahud position, and just prior to making tasleem do the following:

1. Make takbir and go back into sujood.
2. Read what you normally read in sujood.
3. Make takbir and come back into the sitting position.
4. Repeat the above 3 steps again.
5. Make tasleem.

If you do it after tasleem, then do the same steps as above, including making tasleem again.

Some other Important Points:

The following points/subjects are covered in detail in the Level II and advanced lessons, but I would like to mention them here briefly so that you are aware of them as you may come across it sooner rather than later.

Sajdah-Tilaawah (Sujood of recitation):

There are certain parts in the Qur'aan where Allah orders one, or refers to, performing sujood. When one reads this in salah (or out of salah), it is sunnah to perform sujood. Hence you may find that in a salah where the Imam recites that particular verse, he then pronounces the takbir, and will perform sujood from the standing position, and will pronounce takbir again and return to the standing position (without ruk'uh), and continue reciting from where he stopped. This is very common in Salatul-Fajr on a Friday.

Suppliclation in Salah:

Known as Qunoot. You may find the Imam making a supplication in the last rak'ah of the salah after coming up from ruk'uh and before going into sujood.

Eid Salah:

The method of Eid salah, is slightly different. There are more than one (6 or 9) takbirs before the Imam starts reciting the opening surah.

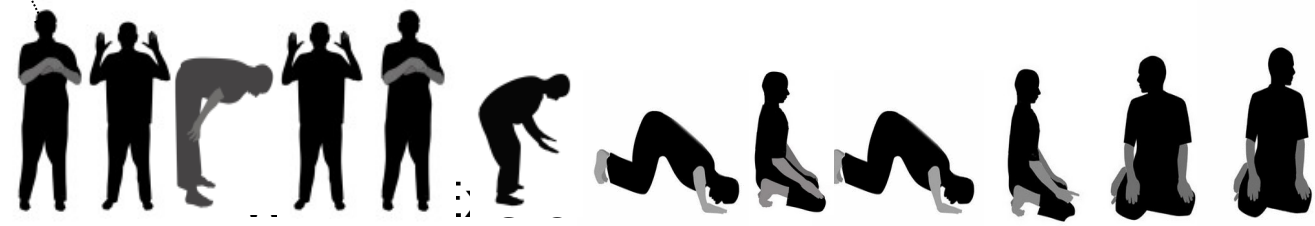
Janazah Salah (Salah for the deceased):

This salah is performed in the standing position only (no ruk'uh, sitting or sujood) and there are 4 takbirs, followed by tasleem to the right only.

Review of the Positions/sequence of 2 units of Salah:

Unit 1:

Unit 2:



A. List 2 actions that may reduce the reward of our prayers.

1) .....

2) .....

B. Under what conditions can one make-up a missed prayer?

1) .....

2).....

C. What should one do when one arrives late for prayer?

1) .....

2) .....

3) .....

D. What is the sujood called that one makes if a mistake (forgetfulness) was made during salah?

.....

Practical Exercises

Perform one unit of prayer (the last one) and perform Sujood-as-Sahw, before tasleem.

New Words and Expressions

Eid	Celebration day of the Muslims (after Ramadaan and during Hajj).
Janazah	Deceased.
Qunoot	Supplication in the last rak'ah of a salah.
Sajdah	A prostration in salah.

Sajdah-Tilaawah Prostration due to recitation of a sujood in the Qur’aan.

Sujood-as-Sahw Prostration for Forgetfulness.

Takbir To say "Allahu Akbar" (means- Allah is Greater).

Tasleem The action to complete ones salah, by saying "Asalamu alyakum wa rahmatulah" while turning ones head to the right and then to the left saying the same.

ISLAMIC STUDIES CURRICULUM

Level I

Salah (Prayer)

Test

Written Questions

Practical

New Words and Expressions

Lesson 7

Test

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ Whether he or she is ready to advance to Level II

Test layout:

Prerequisites:

- Salah (Prayer) Level I – Lessons 1, 2, 3, 4, 5 and 6

Associated Courses:

- Tahaara (Purification) Levels I and II
- Salah Level II and Advanced
- What to Read in Salah Levels I, II and Advanced

Student Details

Name: ……
Date of test: ……
Lecturer conducting test: ……

Prerequisites met? ☐ s ☐ o

Number of lessons attended: ……

Number of lessons not attended: ……

Number of lessons repeated: ……

Results:

Practical:
……

Written: ……

New words: ……

Total:
……

Lecturer recommendations:

☐ **Advance to Level II**

☐ **Redo certain lessons (list units):**
……

☐ **Redo test**

Sign:

Student: …… **Lecturer:**
……

Written Test

Q1. Under what conditions can one make-up a missed prayer?
1) .....
2) .....

Q2. Is prayer in congregation obligatory for females? .....

Q3. What is the sujood called that one performs if a mistake was made during salah?
.....

Q4. Name the following positions of prayer:
....
.....

Q5. List at least two reasons why prayer is important.
1).....
2).....

Q6. Complete the following Table:

	Prayer Name	Number of sunnah rak'at before	Number of fardh rak'at (units)	Number of sunnah rak'at after	Totals
1	Salatul-Fajr	2			
2				2	10
3	Salatul-Asr		4		
4			3		
5	Salatul-Eshaa				
6	Salatul-Witr				

Totals:				32

Q7. List the 3 times that it is forbidden to perform prayers.

1) .....

2) .....

3).....

Q8. What are the two exceptions for the answer in Q7?

.....

Q9. Complete the following Table:

	Fajr	**Dhuhr**	**Asr**	**Maghrib**	**Eshaa**	**Jumuah**
Units	2	4	4	3	4	2
Aloud						
Silent						

Q10. List 2 actions that invalidate the prayer:

1) .....

2) .....

Q11. List 3 of the conditions related to women and prayer.

1).....

2) .....

3) .....

Q12. What should one do when one arrives late for prayer?

.....

Q13. Complete the following Table:

	Prayer name (Arabic)	**Prayer name (English)**	**Start time**	**End time**
1	Salatul-Fajr	Dawn Prayer		
2	Salatul-Dhuhr	Midday Prayer		
3	Salatul-Asr	Afternoon Prayer		
4	Salatul-Maghrib	Sunset Prayer		
5	Salatul-Eshaa	Night Prayer		

Practical

Perform the actions of the entire 4 units of prayer (without reading), in its proper sequence.

New Words and Expressions

Match the words below with the descriptions, by placing the appropriate number in the box:

1. The bowing position in salah.

2. The prostration position in salah.

3. Prayer.

4. The sayings and actions of the Prophet (may Allah's peace and blessings be upon him).

5. The holy book from Allah that all Muslims must follow.

6. Verses from the Qur'aan.

7. Chapter from the Qur'aan.

8. Narration of the saying or action of the Prophet ().

9. The pillars or mandatory requirements.

10. Obligatory.

11. Optional (sub-category of sunnah salah).

12. A unit of prayer.

13. Afternoon prayer.

14. Sunset prayer.

15. Night prayer.

16. Action performed at the completion of salah.

Salah	**Sujood**	**Rukuh**	**Qur'aan**
Sunnah	**Ay'at**	**Surah**	**Hadith**
Fardh	**Wajib**	**Nafl**	**Rak'ah**
Tasleem	**Maghrib**	**Asr**	**Esha'a**